**Creamy Avocado Veggie Dip**

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This delicious recipe acts more like a base for making your own flavorful dip. Blending the avocado with coconut milk makes a creamy and smooth dip that is perfect for dipping vegetables in. This recipe adds green chilies and cayenne to give the dip a bit of spice, but jalapenos or salsa could also be used – the possibilities are endless.

**Ingredients:**

2 ripe avocados, pits removed

1 cup coconut milk, chilled

2 cloves garlic, minced

2 tbsp fresh cilantro, chopped

1/2 tsp salt

**Directions:**

1. Scoop the thick cream off the top of the can of chilled coconut milk. In a small bowl (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Serve immediately.

